



Fredericksburg Parks and Recreation 2007 Dixon Park Swimming Lessons

Swim Lessons:

Swim lessons are being offered at Dixon Park Pool. This is the City's first full season for outdoor public swimming. Join us for these lessons covering water orientation and beginning swim strokes. These classes are open to everyone, from 6 months to adult. These are beginning level lessons. You must pre-register. Class space is limited. See other side for more detailed description of classes.

Registration:

All registration for swimming lessons will be at the Dorothy Hart Community Center. There will be no swimming lesson registration at Dixon Pool. Registration starts April 17th for City Residents and April 24th for Non-City residents. Dixon Pool front desk staff is only there during open-swim time, please do not call during swimming lessons.

Ages: 6 months to Adult

Fee: \$34 City, \$46 Non-city

Length of classes:

Lessons will be 30 minutes long (with the exception of adult swimming lessons being 45 minutes). So please be on time.

All lessons are 8 sessions long. Each of our classes are Monday –Friday (excluding July 4th) week 1 and Monday-Wednesday week 2. Thursday and Friday of week 2 will be used as make-up days.

Cancellations:

In case of inclement weather, call our Cancellation Line (dial 372-1086, press 2 then press 1) or visit our website at www.fredericksburgva.gov (click on Parks/Recreation) and look for Cancellations.

Also, listen to B101.5, Y99.3 and 93.3/ WFLS or visit them on the web for announcements that will be made throughout the day.

Please do not call Dixon Pool. Dixon Pool front desk staff is only there during open-swim time.

What to wear/bring:

Anyone, even infants, who enters the pool, must be wearing proper bathing attire. No thongs or cut offs. Students may, and are encouraged to bring swim goggles, but please do not bring swim masks for they prohibit the proper breathing technique used in teaching swimming lessons. Please also bring a towel and sunscreen.

Note to Parents:

On the first day of class there will be a mandatory informational meeting for parents before swimming lessons.



Little Dippers

Ages 6mts- 3 years (no class 7/4)

Our “Little Dippers” swim lessons are our parent/tot program for children 6 months -3 years. This is a great time for your child to have some exposure to the wonderful world of water. Games and activities are designed for you and your child to have a great time together in the pool. You will also gain some tools to work with on your own to increase these little swimmers skills, as they get older. Children must be 6 months by July 1, 2007. MUST pre-register. Class space is VERY limited.

7000.413	Jun 18-29	10:30-11:00am
7000.414	Jul 2-13	10:30-11:00am
7000.415	Jul 16-27	10:30-11:00am
7000.416	Jul 30- Aug 10	10:30-11:00am

Mini Fins for Life

Ages 4 to 5 years (no class 7/4)

Our “Mini Fins for Life” swim lessons are the place for your 4 and 5 year old to get into the swim of things this summer! Lessons cover water orientation and beginning swim strokes, which will help your child to gain swim experience and confidence in the water. Children must be 4 by July 1, 2007. These are level one and level two lessons, no experience needed. MUST Pre-register. Class space is VERY limited.

7000.403	Jun 18-29	10:30-11:00am
7000.406	Jul 2-13	10:30-11:00am
7000.411	Jul 16-27	10:30-11:00am
7000.412	Jul 30- Aug 10	10:30-11:00am

Fins for Life

Ages 6 to 14 years (no class 7/4)

Get into the swim of things this summer! Our “Fins for Life” swim lessons are the place to gain swim experience and confidence in the water. Join us at our beautiful new facility for these lessons covering water orientation and beginning swim strokes. These are level one and level two lessons, no experience needed. MUST Pre-register. Class space is VERY limited. Children must be 6 by July 1, 2007.

7000.401	Jun 18-29	9:00-9:30am
7000.402	Jun 18-29	9:45-10:15am
7000.404	Jul 2-13	9:00-9:30am
7000.405	Jul 2-13	9:45-10:15am
7000.407	Jul 16-27	9:00-9:30am
7000.408	Jul 16-27	9:45-10:15am
7000.409	Jul 30- Aug 10	9:00-9:30am
7000.410	Jul 30- Aug 10	9:45-10:15am

Dolphins at Heart

Ages 15 to Adult (no class 7/4)

This is our evening class for anyone 15 years and over. Whether you’re just starting out, or have some experience and want to improve your strokes, this is your chance to jump in! Participants will be divided by age and skill levels, so everyone can feel comfortable and get the kind of instruction they need. Everyone must be at least 15 by July 1, 2007. It’s NEVER too late to learn.

7000.421	Jul 02- Jul 13	7:00-7:45pm
7000.422	Jul 16- Jul 27	7:00-7:45pm

Fredericksburg Parks and Recreation
Dixon Pool Swim Lessons

CHILD'S NAME: _____

DATE OF BIRTH: _____ GENDER: ☐ M ☐ F
(mo/day/yr)

AGE: _____ (as of 07/01/07)

PHONE #: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PARENT/GUARDIAN'S
NAME: _____

PHONE: _____

EMERGENCY CONTACT (Not Parent):

PHONE: _____

ATTENTION: Does your child have any medical condition or take any medications of which we need to be aware?

☐ NO ☐ YES If yes, please explain:

WAIVER OF PARTICIPATION: (Please read carefully)

A payee has until the start of this activity to rescind this waiver and void the enrollment. This must be done in writing. Any participation in this activity by the enrollee will indicate acknowledgement of and agreement to the following for the payee and the enrollee alike: 1) There is an inherent possibility of injury in any organized activity offered by the City of Fredericksburg. 2) The City of Fredericksburg does not provide accident insurance for its program participants. 3) Insurance coverage is advisable and payment for any emergency medical, hospital, or physician treatment resulting from injury is NOT the responsibility of the City of Fredericksburg.

It is with full understanding of all items above that I give full permission for the enrollee to participate in the activity for which I have enrolled him/her. By enrolling in this program I hereby, for my dependent, waive and release any and all rights and claims against the City of Fredericksburg and its representatives, successors and assigns for any and all injuries suffered by the enrollee during this activity sponsored by the City of Fredericksburg Parks & Recreation Department.

Furthermore, I agree to abide by all Dixon Pool rules and regulations and understand that breaking these rules is grounds for removal from the facility.

Parent or Guardian Signature Date

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REGISTRATION FEE:

\$34 CITY/\$46 NON-CITY

Age Determination Date: 07/01/07

**Fredericksburg Parks and Recreation Dept,
408 Canal St., Fredericksburg VA 22401
(540) 372-1086**

www.fredericksburgva.gov